

FOOD FOR VICTORY

By IRENE WILSON

Now that the warm winds have swept our hills bare of snow and made us feel that it's time to shed our winter woolies—most of us look to the barren spot in our back yards and wonder if it isn't almost time to do a little digging.

It's still a little early for actual gardening, but not too early to do a little fireside planning. And this year of all years is the time to get our vitamins out of the back yard. If we raise more food for ourselves, more food will be available from commercial sources for the army, navy, and marines as well as defense workers and city dwellers who aren't able to produce their own foods. In order to reach the county "food for defense" goal of 114 more gardens, we should now do our part by planning that old-fashioned garden to fill the cellar next fall and provide the table with good vegetables this summer.

Leslie Packard, a farmer in the Boardman area who always has a bountiful garden, says that he does his fireside planning with the help of a seed catalogue which usually tells how and when to plant each variety. Right now he is ordering peas because they should be planted early to avoid blighting. He usually gets them in the last two weeks in February and plants them thickly in twin rows. "The dwarf variety is better in this part of the country because of the high winds," says Mr. Packard.

In making up plans with farm women in this part of the country, Hazel Duncan, home management supervisor for the Farm Security Administration, says that the greatest lacks in the diet are in tomatoes and green vegetables. She suggests that a good balance can be maintained in our diets if we plan to have a good supply of vegetables of each color in our gardens.

But you will probably be hearing a great deal more about gardens this spring from the garden committee of the Morrow County Nutrition council and from your county agent, so we'll leave gardens until later and talk about the problem with which most homemakers believe they are confronted—a sugar shortage.

But sugar shortage is not a problem. Doctors and dietitians are cheering, for at last the American people will have to cut down on sweets. From a survey reported at the Oregon Nutrition council meeting in September it was found that the average Oregonian consumes 125 pounds of sugar a year. Dietary standards set by the U. S. D. A. say that 74 pounds of all sweets is the maximum that should be consumed by an individual. So if we are limited to 50 pounds of sugar, we are really having our health safeguarded. Or does that sound like sour grapes to you?

The best recipe we know for better living in 1942 is—

- Six chickens
- And a cow
- A smokehouse
- A garden
- And a sow
- Twenty-four more chickens
- And a rooster
- And you'll live much better
- Than you uster.

MARY (INGRUM) HOWARD

Funeral services were held for Mrs. William Howard at Phelps Funeral Home chapel Tuesday afternoon, with interment in Hardman I. O. O. F. cemetery. Mrs. Howard passed away on Saturday at the home of her daughter, Mrs. Sadie Austin, in The Dalles, following a lingering illness. The services were largely attended by relatives and friends. Martin B. Clark, Christian minister, officiated. Mrs. Howard born Mary Ann, was born at San Pablo, Cal., June 24, 1872. In 1884 she moved with the family to Walla Walla, Wash., and the following year accompanied them to Morrow county, living for many years in the Eight Mile and Hardman communities. Besides the husband, Mrs. Howard is survived by six daughters and one son by a former marriage: Mrs. Stella Furlong of this city; Mrs. Rose Lowen, Mitchell; Mrs. Sadie Austin, The Dalles; Mrs. Julia Adkins, Kinzua; Mrs. Ada Metcalf, Klamath Falls; Mrs. Hubert Metteer, Sunnyside, Wash., and Gaylord Ingrum, Portland; also one sister, Mrs. Amelia Fraters, Eight Mile.

CHURCHES

CHURCH OF CHRIST

Martin B. Clark, Pastor
9:45, Bible school.
11, Communion and preaching.
6:30, Christian Endeavor.
7:30, Evening service.
7, Thursday evening, prayer meeting.
7:30, Thursday evening, Bible study.

Sunday evening the young people have charge of the services. They will present a special worship program, as well as a short history of Christian Endeavor. Show your appreciation to the young people for what they are doing in the church by your presence Sunday evening. "Remember Pearl Harbor," Sunday sermon.

PENTECOSTAL ASSEMBLY OF GOD

Sterl D. Spiesz, Pastor.
Sunday school, 9:45 a. m.
Worship, 11 a. m.
Evangelistic services, Sunday, 7:45 p. m.
Tuesday, 7:45 p. m., cottage prayer meeting.
Thursday 7:45 p. m., Bible study at church.

FIRST METHODIST CHURCH

BENNIE HOWE, Minister.
Sunday, Feb. 8: Divine worship at 11 a. m. Special music, Church school at 9:45 a. m., Mrs. Lucy Rodgers and Miss M. Werner, superintendents. Visitors and new students always welcome. Evening worship at 7:30 o'clock.
Wednesday, Feb. 11: Fellowship service every Wednesday evening at 7:30.
Thursday, Feb. 12: Choir rehearsal every Thursday evening at the parsonage at 7:30.

Thought for today: "To him that knoweth to do good, and doeth it not, to him it is sin."

LODGE BUYS BONDS

Two \$100 defense bonds were ordered purchased from lodge funds at the last regular meeting of San Souci lodge 33, Rebekahs. Harriet Lundell was elected trustee for a three-year term, and the charter was draped in memory of M. J. Devlin and Emmett Ayers.

Mr. and Mrs. M. L. Case are visiting relatives in the Willamette valley, at the homes of sons Allen and Harold in Portland, and with sisters of Mr. Case at Gladstone. Allen drives bus for a commercial bus line while Harold has an automobile repair shop in the city.

OYSTERS and SHELL FISH

Now in Season

Delectable ocean delicacies make appetizing appeal in the cooler season. We serve them to your taste.

For a good meal Anytime, come to

ELKHORN RESTAURANT

Ed Chinn, Prop.

Grange Ag Committee Sets Regional Meets

The problem of meeting the wartime goals set up for the farmers of Oregon will be the principal subject for consideration at a series of six regional conferences to be held next week under sponsorship of the agricultural committee of the Oregon State Grange. These meetings will be devoted entirely to agricultural matters and are open to the public. Qualified speakers will be present at each of the meetings to present local problems of the various districts, and opportunity will be given those in attendance to participate in the discussions.

"The war has made this a particularly critical time for American agriculture and it is imperative that we have a good attendance at these meetings in order that we may chart our future course," said Morton Tompkins, chairman of the State Grange agricultural committee, in making the announcement. He emphasized that these meetings, while being a grange-sponsored activity, are open to the public and all farmers of the state are invited to be in attendance.

The meeting for this region will be at the city hall in Arlington, beginning at 10 a. m., February 10.

Mrs. M. J. Bowcutt of Bremerton, Wash., and Mrs. C. W. Patterson of Manette, Wash., have been visiting their sister, Mrs. Sterl D. Spiesz, for a few days.

Hereford grade bull, coming 2-year-old, for sale. Earl McKinney, city.

Boy Scout Week

Continued from First Page
in leaders, skill, number and will."

A six-point program is adopted in aiding the national defense work:

1. Emergency service, program for scouts 15 years and over, started about three years ago. The boy must be physically fit and pass strenuous tests and have earned merit badges in life saving, first aid, pioneering, personal health, public health, firemanship, safety and rowing, and must have permission of his parents to take part in this vigorous program.
2. Delivered "Buy Defense Bonds and Stamps" posters last spring.
3. Aided in aluminum collection.
4. Collecting and aiding in the paper conservation program.
5. To deliver air raid precaution posters as soon as they can be printed.
6. Civilian defense, national urges all scoutmasters, assistant scoutmasters and those directly active with the Boy Scout movement to train and work with their own troop and not to take any other job in the civilian defense because they can do the most good as leaders in the troops and as scouts. They have already been training themselves for the job. The scouts can do many things such as acting as messenger boys, fire spotters, and in fighting fires, trained first aid work after they have been taught these things.

Lowell Stockman, republican candidate for congress and "large" in every way—wheat raiser of the Pendleton section, was calling on Heppner friends yesterday evening.

Farm Labor Survey Sponsored by Grange

Setting in motion machinery to counteract the threatened labor shortage faced by Oregon farmers during this coming year, the Oregon State Grange has announced that during the week of February 15, it will conduct a series of conferences throughout the state to survey anticipated farm labor needs, and to present a constructive program for meeting those requirements.

The meeting scheduled for this area will be held at Boardman, at 2 p. m., Tuesday, February 17.

Working in close harmony with the grange will be the U. S. employment service which will have representatives at each of the meetings to outline plans already under way to insure that the necessary labor to harvest crops will be available when and where needed. These representatives will also confer with growers present at the meetings to ascertain the types and numbers of agricultural workers which will be required at various times throughout the year.

State Grange Master Ray W. Gill has requested that each Pomona and subordinate grange master appoint a committee of five from their respective granges and also to invite several leading farmers in the community who do not belong to the grange, to attend.

Miss Sibyl Howell, who was employed at Hermiston for some time, is visiting her parents, Mr. and Mrs. Lee Howell.



Every cut and every time—
you get your BIGGEST MONEY'S
WORTH OF MEAT at Safeway

Give your family the right nutrition every day—put meat on your table! Safeway's unique *Guaranteed Meats* plan means more for your meat money. Our meat experts buy only the "better-eating" grades of meat. These choice meats are prepared with special care, and delivered to Safeway markets in just the amounts expected to sell right away. Unless you're pleased—every cut and every time—your money back!

Prices are for Friday, Jan. 6—Mon., Jan 9

<p>Beef Roast Blade Cuts 27c lb.</p>	<p>Pork Liver 21c lb.</p>
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"THE NUTRITIONAL NEEDS OF THE NORMAL INDIVIDUAL, INCLUDING VITAMINS AND OTHER ESSENTIAL ELEMENTS, MAY BE SATISFIED MOST ECONOMICALLY AND SAFELY THROUGH WISE SELECTION OF FOODS."
—State Nutrition Committee for Defense

Is Your Family Getting the Vitamins It Needs?

Perhaps you're not as good a cook as you THINK! Government research states that a family can "eat well" and still be undernourished. "The Kitchen Course in Nutrition" will help you build the health of our nation through a working knowledge of nutrition and food values. Enroll today!

CARSTEN'S PICNICS Regular 5 to 8 lb. av. lb. 28c					
<p>BACON JOWLS— Full of rich flavor. lb. 21c</p> <p>SIRLOIN STEAK— Tender, steer beef. lb. 37c</p> <p>MORRELL'S EUREKA SKINNED HAMS— lb. 35c</p> <p>ARMOUR'S BACON— By the piece. lb. 27c</p>	<p style="text-align: center; font-weight: bold; font-size: 1.1em;">IN OUR FRUITSTANDS</p> <p style="font-size: 0.8em;">Guaranteed "farm-fresh" produce</p> <p>APPLES Winesaps or Del 6½c lb.</p> <p>NEW CARROTS— Tender, sweet. lb. 5c</p> <p>ORANGES Navels 5c lb.</p>				
<p>Lettuce, Solid lb. 8c</p> <p>Grapefruit, lb. 4c</p> <p>Tomatoes, Ripe lb. 19c</p> <p>Spinach, 3 lb. 25c</p>	<p>Send your Name & Address and 25c to</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">CROWN FLOUR 24½-lb. 98c 49-lb. \$1.89 sack</td> <td style="width: 25%;">Kitchen Craft FLOUR 24½-lb. 91c 49-lb. \$1.69 sack</td> <td style="width: 25%;">RITZ Crackers lb box 21c</td> <td style="width: 25%;">BRING YOUR BOOKS TO SAFEWAY! Join in the Victory Book Drive for men in service.</td> </tr> </table>	CROWN FLOUR 24½-lb. 98c 49-lb. \$1.89 sack	Kitchen Craft FLOUR 24½-lb. 91c 49-lb. \$1.69 sack	RITZ Crackers lb box 21c	BRING YOUR BOOKS TO SAFEWAY! Join in the Victory Book Drive for men in service.
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Ivory Soap, med. 5c; lge. 3—25c

Linit Starch, 3 for 25c

Argo Starch, 2 for 15c

P & G Soap, Giant bar 4c

Grape Nuts, reg. size pkg. 12c

C. Home Corn, cr. style 2s 12c

Hormel's Spam, 12 oz. can 30c

Eugene Carrots, 3 No. 2s 25c

Nob Hill Coffee, lb 23c; 2 lb 45c

Airway Coffee, lb 19c; 3 lb 55c

Edwards Coffee, lb 27c; 2 lb 53c

Cherub Milk, 4 tall cans 33c

Pink Salmon, 1 lb. tall can 19c

Heinz Soups, as. 2 16-oz cn 25c

Libby Apple Butter, 32-oz. 21c

Highway Prunes, 2½ can 11c

Include Defense Stamps

in your shopping list. When you buy food buy DEFENSE SAVINGS STAMPS. Safeway has 'em.

SAFEWAY